Sustrans' Bike It Update

End of Year Bike Rides

Three Sustrans' Bike It schools finished their 2009/10 academic year with a bike ride offered to Year 6 (and Year 5) children who had completed their Bikeability level 2 training.

Staff, pupils, parents, volunteers from Stapleford Community Primary, The Icknield Primary and Oakington CofE Primary enjoyed themselves tremendously on their 6 mile summer bike rides.

Class 4 from Oakington CofE Primary school wrote to Maya: "We all enjoyed putting what we had learnt in our Bikeability Training into a proper bike ride […and] had loads of fun" and all three schools have asked about holding similar rides this academic year.

If you haven't booked your Bikeability training with Outspoken yet, be sure to contact Lisa Dawson on lisa@outspokentraining.co.uk to book in early so your Year 6 pupils have ample opportunity to practice cycling to school before they start secondary school

Grove Primary sponsored event

Grove Primary School enjoyed a massive success with their first ever sponsored event; a sponsored run or cycle, and raised nearly £300 to help pay for some pool bikes for the school. Sustrans' Bike It officer, Maya Stratton-Brook said "Some children at Grove Primary don't own a bike so providing the school with pool bikes means everyone in the school will have access to a bike."

Bikes will be purchased from OWL Bikes, a charity who saves bicycles from landfill, provides vocational training for adults with learning disabilities and supported employment opportunities for people who have been disadvantaged through disability or long term health/mental health problems. For more information about the project, please visit http://owlgroup.org.uk/owlbikes.html

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with schools to create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:
www.sustrans.org.uk/bikeit

We'd love to hear from you…

Sustrans' Bike It officer for Cambridge is Maya Stratton-Brook. Contact Maya on 01223 728543, mobile 07501017686 or send her an email on: maya.stratton-brook@sustrans.org.uk

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Sustrans' Bike It Update

Blendavenda at Stapleford Primary School

Stapleford Primary celebrated their 10th position in the Sustrans' Virtual Bike Race with a visit from Blendavenda. Pupils got a chance to cycle on the bicycle powered blender and then sample some delicious smoothies.

Focus for this term is Bike It in the Curriculum. How can we raise awareness of cycling during lesson time? Ideas so far have ranged from persuasive writing to a cross curricular mapping lesson. A curriculum resource CD was made available at the Action Day. Share your ideas with Maya at your next planning meeting and request a copy of the CD from her via the contact details overleaf.

Bar Hill Primary win Nutcase helmets

Bar Hill Community Primary School's Bike It Crew kicked off the project by running a competition to encourage more children to wear a bicycle helmet. Children were asked to design a helmet and the winners won some cool Nutcase jellybean helmets. The school also offered parents the opportunity to buy bicycle goods at trade price at their Open Evening in July.

Competition winners from Bar Hill Primary School wearing their new helmets.

Cambridge Action Day

The first Cambridge Bike It Action Day proved to be a great success with 50% of current Bike It schools attending. Sustrans partners, Cycle Cambridge and other cycling organisations joined the day to meet participating schools and talk about how we can all work together to make Bike It even more successful in Cambridge. If you were unable to attend the day and would like more information about areas covered, please contact Maya directly on the details

Cycling achievements!

Fulbourn Primary School invited Maya to be part of their Forces Investigations Day at the beginning of July. Each class were given some labels to stick to their bikes, after which they were able to describe the pushes and pulls involved in making a bike move. Class teacher, Jenny Knight, who organised the day, said "the activities fitted in with our science really well and the children really seem into using their bikes now. Lots of fun for everyone."

Milton CofE Primary School has made the most of the puncture repair training the school's Bike It Crew received earlier last term and offered regular tyre services to fellow pupils at lunchtime.

Oakington CofE Primary School celebrated the opening of their new bike shed with a performance from Helen Coutts, a local member of Cambridge Community Circus who performed some amazing moves on her unicycle!

Pupils and staff at Oakington Primary enjoy a special unicycling performance

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